

SPOKE

Conestoga College, Kitchener

November 12, 2001

What's Inside



Nursing not just for female students.

PAGE 10



COMMENTARY
Students need proper job training
PAGE 4

Posties not scared by anthrax

By Lucie Henderson

The postal "lily" is the new member. She takes on a whole new meaning for postal workers since the 11/9 attacks. Since workers began receiving U.S. postal service employees safety concerns have risen among people working in mail-handling facilities.

Posties received after two postal service employees in Washington died their antibodies only to find they contracted through contact with a New York postwoman, since was also found to have other four antibodies were infected to US City contracted with anthrax. Nearly 2,000 US postal employees now have to be tested for anthrax.

But what does this mean for the rest of Canada's postal service?

Personally I am not concerned and ICMH (International Canada Mail Handlers) is Canada Post's representative. I think they take very good care of their employees and they are very professional in handling all their mail and making sure that the mail is delivered on time. I think it is important to keep the system going.



Many Post Networks in Canada have employees, some in the postal service, who are not scared by anthrax. But many mail workers think they show down the process.

Photo by Lucie Henderson

Since the threat began appearing in mail facilities, letters in the US, Canada Post workers have gained information packages and safety procedures for employees.

Canada Post employees are receiving 444-6666 on what anthrax is, how it is contracted and how workers can help.

It is important to have a complete package that shows the best way to deal with anthrax in the mail service. Workers are not to be afraid of anthrax in the mail service. They are also instructed to report the discovery to local authorities so they can investigate the situation.

According to Canada Post, only one of a separate package is available.

- 1. Providing information available on the package is available.
- 2. No one is afraid.
- 3. No one is afraid.
- 4. No one is afraid.
- 5. No one is afraid.

- 6. No one is afraid.
- 7. No one is afraid.
- 8. No one is afraid.
- 9. No one is afraid.
- 10. No one is afraid.

Continued on Page 2

College awaits consent for two new programs

By Gerald Roth

Conestoga College will be adding two new programs to the school of health care in the fall of 2002. And a public relations program would follow in the fall of 2003.

An advertising program would be starting in early in the fall of 2002. And a public relations program would follow in the fall of 2003.

Public relations is a program that Conestoga College and local of applied arts and social sciences and business were in need of. It is a new way to help the college and public relations.

Employees were taking people in the advertising programs that did a lot of work in the school. They would have a lot of work in the school.

Last year a program development committee was formed to help the school and public relations. The committee was formed to help the school and public relations.

The school is now in the process of adding two new programs to the school. The school is now in the process of adding two new programs to the school.

Continued on Page 2

Visitor Information Program golden opportunity for students

By Susan McDevitt

Students at Conestoga College's Visitor Information Program (VIP) are now in the final stages of the program. The program is a new way to help the college and public relations.

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Conestoga dresses up for Halloween



It's the year's loudest eg student Bruce VanLanen shows off his tiger persona in Cell 21. (Photo by Louise Melillo)



With the Halloween mood going rampant last week, students showed up for Halloween. (Photo by David Langley)



Students in the Sunstone Room at the Book Daycare Centre dressed up for the day's annual Halloween party on Oct. 31. (Photo by David Galt)



The mother-daughter team Amy Jeff and April Harris got in the Halloween spirit in the main cafeteria on Oct. 31. (Photo by Nancy Connolly)



Campus employees from left John Wood, Ursula Giesmer and Sara Price got into the spooky mood on Halloween. (Photo by Jonathan Ford)

Ring design exclusive to Conestoga students

By Jeffery Perna

As for class of 1991-1992 papers for graduation more use than any other, the ring design of the year class of 1991-1992 is the most used of all.

This year in Conestoga College's graduation ceremony, the ring design of the year class of 1991-1992 is the most used of all. The ring design of the year class of 1991-1992 is the most used of all.

"This is the first year the Conestoga College has a ring design of the year class of 1991-1992 is the most used of all. The ring design of the year class of 1991-1992 is the most used of all."

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Along the field, the ring design of the year class of 1991-1992 is the most used of all. The ring design of the year class of 1991-1992 is the most used of all.

Conestoga third year electrical engineering professor, Andrew Horvath, said the ring design of the year class of 1991-1992 is the most used of all. The ring design of the year class of 1991-1992 is the most used of all.

"I don't purchase a ring design of the year class of 1991-1992 is the most used of all. The ring design of the year class of 1991-1992 is the most used of all."

ing to afford.

Conestoga Traditional Ring Collection carries a limited warranty.

Advanced students, however, are available which provide a limited warranty, low, and design.

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Conestoga third year electrical engineering student Horvath holds a ring from Jeffery Perna, who designed the ring. (Photo by David Galt)

News

Homesickness typical for first-time students

By Bettina Berchamps

The change and new surroundings are all mixed with a homesickness that is typical for first-time students.

Homesickness is a common experience that is typical for first-time students. It is a feeling of longing for home, for the first 10 years of adolescence. Children find their parents in a way that is not only a source of comfort, but also a source of security. This is why, when they first leave home, they often feel a sense of loss. This is why, when they first leave home, they often feel a sense of loss. This is why, when they first leave home, they often feel a sense of loss.

Many students find homesickness to be a common experience. This is why, when they first leave home, they often feel a sense of loss. This is why, when they first leave home, they often feel a sense of loss. This is why, when they first leave home, they often feel a sense of loss.

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Learn new skills at rec centre

By Lisa Miller

Whether you are a student, a teacher, or a parent, you can learn new skills at the rec centre.

The rec centre offers a variety of programs for students, teachers, and parents.

A rec centre is a place where you can learn new skills and have fun.

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Shedding some light



Rec centre uses a hydraulic lift to replace a light outside the building, as well as second-floor property. The lift is typically used to replace a light fixture on the second floor of the building.

Photo by David Gault



"They say you get older"

and become your mother!"

That's what it's like to be a mother!

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Canadians oversleep, says Statistics Canada

By Adrienne Kwan

Canadians sleep an average of 7.5 hours a night, according to a new study by Statistics Canada. The study found that Canadians sleep an average of 7.5 hours a night, which is less than the recommended 8 hours.

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NO MORE SLEEP LOSS

THE HUMANITARIAN SOCIETY

1-800-800-2222

Entertainment

Children's programs too violent

By Mary Gribble

What do the *News* and *Playhouse* have in common? Absolutely nothing.

I wrote the *News* last week about the question of whether the *News* is too violent for children. The answer was a resounding "No." But the *Playhouse* is a different story. It is a children's program, and it is too violent for children. I wrote about it last week.

Through these stories, I have learned that in some cases, children and the *Playhouse* are not the same. They are not the same in the way of the television and the way of the children.

Today, most parents claim that their children are not the same. They are not the same in the way of the television and the way of the children.

There are many things that are different. There are many things that are different. There are many things that are different.

"Today with popular shows such as *Pokémon*, *Sailor Moon* and the *Power Rangers*, children aren't learning."

Current on all children's programming is today's trend to violence. But for the most part, this trend is not the same as it was in the past.

When I was growing up, violence was not as important as it is today. It was not as important as it is today.

But my childhood years were not as violent as they are today. They were not as violent as they are today.

Growing up with two violent programs, such as *The Godfather* and *The Godfather Part II*, I was not as violent as I am today.

When I was growing up, violence was not as important as it is today. It was not as important as it is today.

My concern with some of today's children's programs is that they are too violent. They are too violent for children.

Angel's Diner has unique decor

By Mary Gribble

Angel's Diner is a unique dining experience, with a unique decor and a unique atmosphere.

The diner is a unique dining experience, with a unique decor and a unique atmosphere. It is a unique dining experience.

Located at 110 Highland Ave., the diner is a unique dining experience, with a unique decor and a unique atmosphere.

The diner is a unique dining experience, with a unique decor and a unique atmosphere. It is a unique dining experience.



Angel's Diner, 110 Highland Ave., is a unique dining experience with a unique decor.

(Photo by Mary Gribble)

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CONCENTRATION

Successful students use a variety of techniques for identifying important information and retaining it in memory.

Concentration is the ability to direct your efforts towards a particular activity or subject. To gain it, you must understand it. There are specific skills that can be learned to enhance your concentration. Practicing them is likely to improve your success as a student.

IMPROVING YOUR CONCENTRATION

Your Study Environment

1. Needs to be distraction free (phones, computer games, TV, cell phones)
2. Must be conducive to studying (good light source, desk, computer, comfortable chair)
3. Must have all the materials you need to study (pencils, books, computer, adequate space to spread out)



Streamlining Study Resources

1. Estimate the amount of time you will need to study each subject. Underestimating time will result in having less time for other tasks, which causes stress.
2. Start with the difficult subjects first. Your ability to concentrate is highest when you start to study. It is always easier to find the motivation to do the subjects you like even when you are tired.
3. Plan a reward for a job well done.



For information on this technique and other learning and study strategies, contact Student Services, 2800, for an appointment.

STUDY SKILLS

Take a sneak peek Canadian music making a comeback at online diaries

By Julia Griffiths

Everyone has their favourite "90s songs" (the Internet, most of us use it), and everyone has their "90s songs" (the Internet, most of us use it), and everyone has their "90s songs" (the Internet, most of us use it).

When it comes to the "90s songs" (the Internet, most of us use it), and everyone has their "90s songs" (the Internet, most of us use it).

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By Michelle Flemerman

Remember the days when you could turn on the radio and hear the best of the best?

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Remember the days when you could turn on the radio and hear the best of the best?

The Canadian Independent Music Federation (CIMF) is a not-for-profit organization representing the independent sector of the Canadian music and recording industry.

Open up and let your eyes be told in going back to the days when you could turn on the radio and hear the best of the best?

Conestoga College presents the Annual Employee Winter Gala

Friday, December 7th, 2001
The Berkley Room at Bingemans Park

6:30 pm Cash Bar
7:00 pm Dinner
8:30 pm Dancing

Tickets \$25.00pp
(Limited Tickets Available)
Buy Your Ticket Today!

Door Prizes!!

Any Questions?!!
Contact Shirley Danczyk
(519) 748-5220 ext.3756

News

Tim Hortons arrives at Conestoga



The new Tim Hortons, which was scheduled to open in May, is now expected to begin serving customers sometime this week.



After an accident, left, of the a blowup, and Tim Hortons at Conestoga, helped maintain. Following into Tim Hortons.



College employees Dan Marshall works on clearing out Roasters to make way for the other Tim Hortons.



Frank Phelan of Conestoga College is working on clearing out Roasters to make way for the new Tim Hortons.



Conestoga workers discuss plans inside the new Tim Hortons.

Where's the respect?

I often wonder nowadays what happened to the respect that was drilled into our heads when we were kids.

I think mental and emotional I can handle, but physical abuse is another matter.

I was on my way to the bus stop one day, and I was stopped by a man who was looking at me like I was a piece of meat.

I was in a hurry, and I was looking at my watch, and I was thinking, "I'm late for my class." I was in a hurry, and I was looking at my watch, and I was thinking, "I'm late for my class."



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Come check us out online!



SPOKE is now online at

www.conestoga.ca/spoke

Updated every Monday, come visit us for the latest college entertainment, and sports news, as well as games, puzzles, weather and reference links.